



PEPPERMINT

Sniff out peppermint! Recent studies show those who regularly smelled peppermint during the holidays ate 23% fewer calories per week! Get your fix & pop a piece of sugarless gum or sip some peppermint tea.

- Wheeling Jesuit University of West Virginia

Americans eat an average of 619 extra calories per day from Thanksgiving to New Years Day!



Here are some suggestions to help you enjoy the holidays without overeating...



•**Never go to a party hungry** – Before you head out to a holiday gathering, have a healthy snack like yogurt, fruit, or an apple with peanut butter. This will help you to feel content and not overindulge when you arrive.



•**Use a smaller plate** – When at a party, use the plates meant for the hors d'oeuvres and take appetizer-size helpings. That way, if you go back for seconds the total will be one normal size dinner.



•**Don't skip meals** – Many people believe that if they skip breakfast or lunch, they can save up all of those calories for the holiday party at night. This may sound like a good idea, but skipping meals can make you tired and irritable. Plus, when you are really hungry and surrounded by high-calorie treats it becomes extremely easy to overindulge and consume more calories than you normally would.



•**Hosting? Make it healthy** – If you are hosting a get-together, choose to provide low-fat or fat-free versions of holiday favorites; veggie trays and fruit salads are always good choices. Also, send any leftovers home with guests. If it's not in your refrigerator, you can't eat it!



•**Keep exercising** – Instead of perching yourself on the couch after a meal, invite friends or relatives to take a walk around the block. The holiday season brings many fun opportunities for exercise including ice skating, making snowmen, skiing, and snowshoeing. Grab the family and get active!



- Texas A&M International University Research